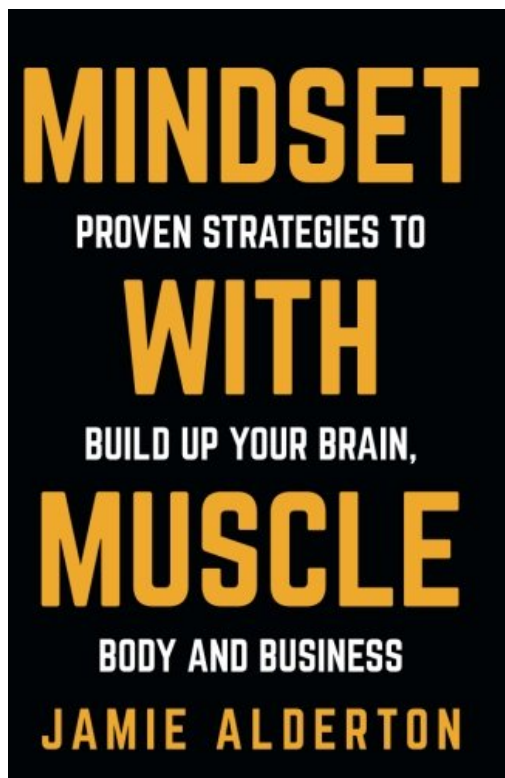


Epub Download Mindset With Muscle: Proven Strategies to Build Up Your Brain, Body and Business Full Book



Book details

- Author : Jamie Alderton
- Pages : 140 pages
- Publisher : Rethink Press Limited 2016-12-01
- Language : English
- ISBN-10 : 1781332142
- ISBN-13 : 9781781332146



Book Synopsis

HOW WOULD IT FEEL TO HAVE THE BODY AND BUSINESS YOU VE ALWAYS DREAMED OF? Mindset with Muscle takes you on a different transformation journey. Rather than hitting the gym and obsessing about success, this book brings you sets and reps for the brain